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# Food and Home Notes

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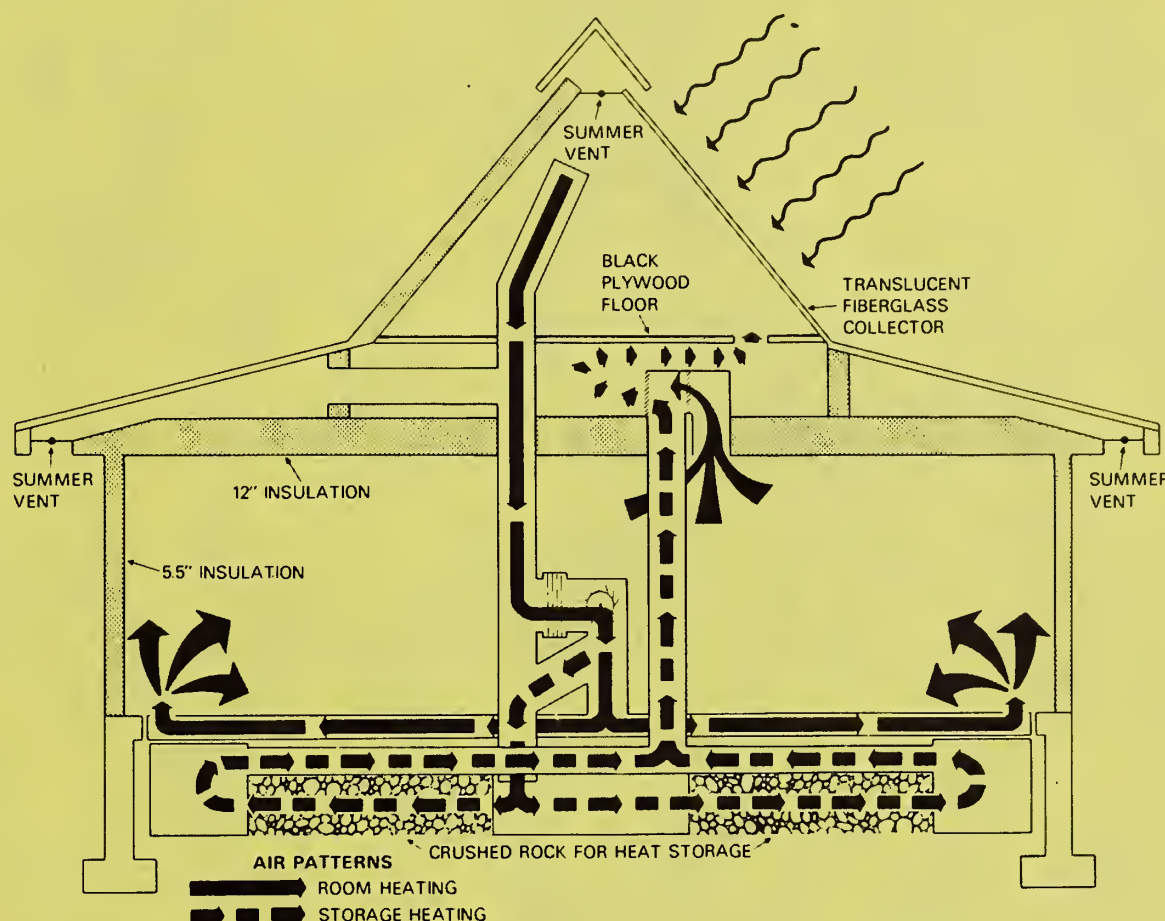
35TH YEAR

JUNE 26, 1978

## A "SOLAR ATTIC"

A conventional house with a "solar attic" may be yet another hope for the energy-minded homeowner. According to scientists at the U.S. Department of Agriculture, such an attic can collect as much as 59 percent of the solar energy available during January. Energy collection over 50 percent is considered "very efficient."

Basically, it is a simple design. Translucent fiberglass panels and polyester film replace conventional roofing material on the house's south roof slope. The panels transmit solar energy into the attic where it is absorbed by a black plywood floor. The solar-heated air is then circulated to heat both the house and a 12 inch layer of crushed rock beneath the house. The rock bed will normally store a three day supply of heat, according to the experimenters.



For a leaflet describing the solar attic design write: Office of Governmental and Public Affairs, Washington, D.C. 20250. Ask for "Solar House--Miscellaneous Publication No. 1367." Copies of complete working drawings of the solar house may be obtained at state land-grant universities. Ask for Solar House Experimental Plan No. 7220. The USDA publication is free. The price of the working drawings varies, but, in most cases, it is under \$10.

**PICNIC TIME** -- When carrying food home from a picnic, check the cooler first. Is there sufficient ice left in the cooler to keep leftovers safe and cool until you get home? Don't open the cooler any more than necessary. Leave it in a shady spot to help keep the ice from melting too fast.



## FOOD CLIPS

To preserve the color of frozen fruits, thaw fruit in its sealed container, and serve as soon as thawed. A few ice crystals in the fruit improve texture when eaten raw.

\* \* \*

For serving 1 lb. packages of frozen fruit packed in syrup, allow six to eight hours on a refrigerator shelf for thawing. At room temperature, thawing takes about 2 to 4 hours. Less than an hour is required if you place the container in a pan of cool water.

\* \* \*

Fruit packed with dry sugar thaws slightly faster than that packed in syrup. Both sugar and syrup packs thaw faster than unsweetened packs.

\* \* \*

Cooking leftover fruit that has been thawed makes it keep better in your refrigerator for a few days.

\* \* \*

Thaw fruits only until the pieces can be loosened--then cook as you would cook fresh fruit. Use just enough juice to prevent scorching. If your recipe calls for adding sugar, be sure to allow for the sugar put in the frozen product during packaging.

\* \* \*

Frozen fruits usually have more juice than needed for a cooked recipe. Add more thickening to account for the extra juice, or just eliminate some of the extra juice.

## ABOUT YOU 'N' ME

Sylvia Schur has been appointed food editor of Parade magazine, succeeding the late Demetria Taylor. Ms. Schur is the author of 12 cookbooks, and known for her Creative Food Service, Inc., where she has specialized in research and development of food techniques.....John Milton Waltz is the new executive editor of News Pacific, covering Hawaii and the central Pacific..Marion Burros, food editor of the Washington Post and consumer affairs reporter for NBC-TV, has a new book out called "Pure and Simple," on all-about additive free cooking....American Agricultural Editors' Association plan a summer session July 18-21 in Coeur d'Alene, Idaho...Bonnie Pollard, senior associate editor of Michigan Farmer, received the Detroit Press Club Foundation Award in the magazine and business trade paper competition.... New officers elected for the New paper Food Editors and Writers Ass include Donna Morgan, food editor of the Salt Lake City Tribune; Mary Frances Phillips, F.E. at the San Jose Mercury News; Janice Okun, F.E. Buffalo (N.Y.) Evening News; Karen Marshal, F.E. of the St. Louis Globe Democrat.

## FREE PUBLICATIONS

While supply lasts, free, single copies of the following booklets are available from the Publications Office, GPA, U.S. Department of Agriculture, Washington, D.C. 20250.

"Food for the Family: A Cost-Saving Plan," Home and Garden Bulletin 209  
"Aunt Sammy's Radio Recipes," Home and Garden Bulletin 215